

EMPOWERMENT STARTS WITH YOU

4 Tips to Self-Empowerment

POSITIVE AFFIRMATIONS

Words are powerful and can change your mindset in an instant. By choosing words that are positive and encouraging, you will bring more of that to your life.



DO WHAT YOU LOVE

When you are in your element, your positive energy rises. Do something you love to do, no matter if you're good at it or not.



CONNECT WITH OTHERS

Connection naturally increases feelings of belonging. Call a friend, go to a workout class, or set up a dinner with people who are positive and uplifting.



CALL TO ACTION

Accomplish something that makes you feel like you've made progress in the right direction. It can be as simple as sending an email, finishing a book, or doing your laundry.



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